

CNF Kick Sugar Program Easy Recipes

Created by Community Natural Foods 21-Day Kick Sugar Program



Bacon Cheddar Egg Cups

6 ingredients · 35 minutes · 2 servings



Directions

1. Place the bacon in a hot pan and cook for a few minutes. Turn and cook for a few more minutes. The bacon should be cooked but still soft (not too crispy).
2. Preheat oven to 375. Divide the grated kohlrabi between 6 silicone muffin molds. Place a strip of bacon into the mold around the edges.
3. Place a tablespoon of cheese into the mold then crack an egg into each mold.
4. Transfer to oven for 20-25 minutes or until set. Eat warm or cold. Store in the fridge for up to 4 days.

Ingredients

- 6 Large Eggs
- 1 cup Kohlrabi (grated, or use turnip)
- 6 slices Organic Bacon
- 1/4 cup Grated Cheddar Cheese (or cheese of choice)
- 1/4 tsp Sea Salt
- 1/8 tsp Black Pepper

Eggs & Greens

12 ingredients · 40 minutes · 2 servings



Directions

1. Heat olive oil in a saute pan on medium heat. Add the onion and cook for 2-3 minutes, or until the onion becomes translucent. Add the garlic and cook an additional minute.
2. Add the shaved brussels sprouts and cook for 4-5 minutes, stirring frequently. When the brussels sprouts have softened, add the zucchini and spices and stir for another minute.
3. Add the baby spinach and stir until it just starts to wilt, then turn the heat to low.
4. Flatten the mixture with a spatula and create 5 small wells, then crack the eggs into each well.
5. Cook until the eggs are done to your liking. You can also add a lid to steam and cook the eggs faster.
6. Sprinkle the fresh cilantro on top and garnish with sliced avocado.

Ingredients

- 2 **tbsps** Extra Virgin Olive Oil
- 1/2 Yellow Onion (diced)
- 4 Garlic (finely chopped)
- 3 **cups** Brussels Sprouts (shaved or finely sliced)
- 1 Zucchini (grated)
- 1 **tsp** Cumin
- 1/2 **tsp** Salt
- 1/4 **tsp** Pepper
- 2 **cups** Baby Spinach (packed)
- 4 Large Eggs
- 1/4 **cup** Cilantro (chopped)
- 1 Large Avocado (for garnish)

Apple Turkey Sausage Patties with Sauteed Greens

9 ingredients · 30 minutes · 4 servings



Directions

1. Place the ground turkey in a large mixing bowl. Pat it with a paper towel to remove any excess moisture.
2. Peel, core and grate the apple using a box grater. Squeeze out the excess juice from the apple and discard. Add the apple to the turkey along with the ginger, Italian seasoning, apple cider vinegar and salt. Gently mix to combine then form the meat mixture into thin patties, approximately 4 inches in diameter.
3. In a large skillet or frying pan, heat half of the oil over medium-high heat. In batches, cook the sausage patties for about 2 to 3 minutes per side or until golden brown and cooked through. Wipe the pan out and add more oil in between batches.
4. When you are finished cooking the patties, use the same skillet to wilt the spinach with water.
5. To serve, divide spinach and sausage patties between plates and season with additional salt if needed. Enjoy!

Ingredients

- 1 lb Extra Lean Ground Turkey
- 1 Apple
- 1 tbsps Ginger (peeled and grated)
- 1 tbsps Italian Seasoning
- 1 tsp Apple Cider Vinegar
- 1/2 tsp Sea Salt
- 2 tbsps Extra Virgin Olive Oil (divided)
- 8 cups Baby Spinach
- 1 tbsps Water

Crustless Broccoli Cheddar Quiche

7 ingredients · 40 minutes · 6 servings



Directions

1. Preheat the oven to 350°F (176°C) and grease a pie pan with the oil.
2. Arrange the broccoli and cheese in a single layer in the prepared pie pan.
3. In a mixing bowl whisk the eggs, milk, salt and garlic powder together. Pour the egg mixture over the broccoli and cheese. Bake for 30 to 35 minutes or until the egg has set and is firm to the touch.
4. Slice the quiche into wedges and enjoy!

Ingredients

- 1 1/2 **tsps** Extra Virgin Olive Oil
- 2 **cups** Broccoli (finely chopped)
- 4 1/3 **ozs** Cheddar Cheese (shredded)
- 6 Egg
- 1/2 **cup** Unsweetened Almond Milk
- 1/2 **tsp** Sea Salt
- 1/2 **tsp** Garlic Powder

Breakfast Casserole with Sausage

11 ingredients · 1 hour 15 minutes · 6 servings



Directions

1. Preheat the oven to 350 degrees F (177 degrees C).
2. Heat a tablespoon of avocado oil in a skillet over medium-high heat. Add the garlic and saute for about 30 seconds, until fragrant.
3. Add the sausage and cook until browned. Transfer the meat to a large bowl and set aside.
4. Add another tablespoon of oil to the skillet. Add the onion and cook until browned and almost starting to caramelize, about 10 to 15 minutes.
5. Add the red peppers, cauliflower, rosemary and thyme. Stir fry for about 10 minutes, until the veggies are soft and onions are caramelized.
6. Stir the veggies into the bowl with the meat. Transfer the mixture into an 8x8 inch (20x20 cm) glass casserole dish.
7. Reusing the same bowl, whisk together the eggs, coconut cream, and sea salt. Pour the egg mixture over the meat and veggies.
8. Bake for 45 to 55 minutes, until the eggs are set.

Ingredients

- 2 **tbsps** Avocado Oil
- 1 **lb** Pork Sausage
- 4 Garlic
- 1/2 Large Onion (chopped)
- 1 Red Bell Pepper (chopped)
- 1/2 **head** Cauliflower (cut in very small florets)
- 1 **tbsp** Rosemary
- 1 **tbsp** Fresh Thyme Leaves
- 10 Egg
- 1/2 **cup** Coconut Cream
- 1 1/4 **tsp**s Sea Salt

Basic Chia Pudding

3 ingredients · 10 minutes · 2 servings



Directions

1. Mix all of the ingredients in a glass bowl or jar.
2. Cover, place in the fridge to let gel overnight (or for at least 4 hours). Before you dig in, check to be sure the pudding has thickened and the chia seeds have gelled.

Ingredients

- 1 1/2 cups Organic Coconut Milk
- 1/4 cup Chia Seeds
- 1 tsp Vanilla Extract

Coconut N' oatmeal

5 ingredients · 10 minutes · 1 serving



Directions

1. In a small saucepan, mix together the liquid, coconut flour and shredded coconut. Bring to a boil (mixture will be thick), cover, reduce heat to low, and simmer for 2-3 minutes. Stir halfway through.
2. Add the gelatin mixture and stir until it begins to thicken (about 2 minutes).
3. If you wish, add in another 2 Tbs. milk to create a thinner consistency.
4. Top with cinnamon, sweetener if desired and/or toppings of choice

Ingredients

- 1/2 cup** Full Fat Coconut Milk
- 3 tbsps** Coconut Flour
- 2 tbsps** Finely Shredded Coconut
- 1 tbsp** Grass Fed Gelatin (softened in 3 Tbsp water)
- 1/4 cup** Water

N'Oatmeal Cookie Breakfast Smoothie

7 ingredients · 5 minutes · 1 serving



Directions

1. Add all of the ingredients into a high-powered blender. Cover and blend until smooth.

Ingredients

- 3/4 cup** Full Fat Coconut Milk
- 1/4 cup** Ice
- 1 tbsp** Chia Seeds (certified gluten-free only if celiac)
- 1 tbsp** Almond Butter
- 1/8 tsp** Vanilla
- 1/2 tsp** Cinnamon
- 1/8 tsp** Nutmeg (optional)

Sesame Meatballs with Cauliflower Rice

9 ingredients · 40 minutes · 4 servings



Directions

1. Preheat your oven to 350°F (177°C) and line a baking sheet with parchment.
2. In a mixing bowl, combine the ground pork, sesame oil, coconut aminos, minced garlic, ginger, 1/2 the green onion, salt and pepper. Mix well and roll mixture into 1.5-inch balls.
3. Place the meatballs on the baking sheet and place in oven for 30 minutes. While the meatballs are cooking, grate your cauliflower to make cauliflower rice.
4. To serve, divide the cauliflower rice between bowls and season with a little extra coconut aminos. Top the cauliflower with meatballs, sprinkle with sesame seeds, and remaining green onion. Enjoy!

Ingredients

- 1 lb Lean Ground Pork
- 1 tbsp Sesame Oil
- 1 tbsp Coconut Aminos
- 2 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 3 stalks Green Onion (chopped)
- Sea Salt & Black Pepper (to taste)
- 1 head Cauliflower (medium)
- 1/4 cup Sesame Seeds

Low-Carb Tuna Poke Stuffed Avocados

8 ingredients · 5 minutes · 1 serving



Directions

1. Cut the tuna into small cubes. In a small bowl mix together the tuna, coconut aminos, sesame oil, hot sauce (optional), green onions, and cucumber.
2. Halve the avocado and fill the center of both halves with the poke mixture. Top with seaweed.
3. Serve immediately.

Ingredients

- 1 Large Avocado (halved)
- 4 ozs Ahi Tuna (diced)
- 1 tsp Coconut Aminos
- 1 tsp Toasted Sesame Oil
- 1 Medium Green Onion (minced)
- 2 tbsps Chopped Cucumber
- 1/2 Nori Sheets (crumbled)
- Hot Sauce (optional, to taste)

Keto Salmon Stuffed Avocado Boats

3 ingredients · 10 minutes · 1 serving



Directions

1. Slice the avocado in half and remove the pit. Use a spoon to scoop out enough avocado to create a bigger hole that the salmon will fit into. Transfer scooped out avocado to a small bowl.
2. Drain the salmon and add it to the bowl with the scooped out avocado. Add lemon juice and mash until well mixed.
3. Fill the hollowed out avocado halves with the mashed salmon mixture. Enjoy!

Ingredients

- 1 Avocado
- 4 ozs Canned Wild Salmon
- 1/4 Lemon (juiced)

Simple Tuna Salad

5 ingredients · 10 minutes · 4 servings



Directions

1. Add all ingredients to a large bowl and mix until well combined. Enjoy!

Ingredients

- 4 cans** Tuna (drained)
- 2** Green Apple (chopped)
- 4 stalks** Green Onion (finely sliced)
- 1/4 cup** Mayonnaise
- Sea Salt & Black Pepper (to taste)

Low Carb Lemon Garlic Shrimp Spaghetti Squash

7 ingredients · 45 minutes · 4 servings



Directions

1. Preheat oven to 350F and line a baking sheet with parchment paper.
2. Slice the spaghetti squash in half through its belly, and place cut-side down on the baking sheet. Bake for 30 minutes, remove from the oven and let cool slightly.
3. While the squash is cooling, heat the olive oil in a skillet over medium heat. Add the garlic and shrimp. Saute for 5-7 minutes, or until the shrimp is cooked through. Squeeze the lemon juice into the pan, and season with sea salt.
4. Scoop out the spaghetti squash into noodles and divide them between bowls. Top with the shrimp, drizzle with the sauce from the pan, a little extra olive oil, and a sprinkle of parsley. Enjoy!

Ingredients

- 1 Spaghetti Squash
- 1/4 cup Extra Virgin Olive Oil
- 2 Garlic (cloves, minced)
- 1 1/4 lbs Shrimp (uncooked, peeled)
- 1 Lemon (juiced)
- 1/2 tsp Sea Salt (or more to taste)
- 3 tbsps Parsley (chopped, to garnish)

Shrimp & Cabbage Stir Fry

9 ingredients · 15 minutes · 4 servings



Directions

1. Heat half the coconut oil in a large skillet over medium heat. Add the shrimp, minced garlic, lemon juice and red pepper flakes. Saute until shrimp is pink and cooked through (about 2 to 3 minutes). Transfer the shrimp and juices into a bowl and cover to keep warm. Drizzle with sesame oil. Set aside.
2. Place the skillet back over medium heat and add the remaining coconut oil. Add the green cabbage and season with sea salt and black pepper to taste. Saute for about 8 to 10 minutes, stirring occasionally. The cabbage is done when it is softened and starting to brown.
3. Add the shrimp and marinade back into the skillet and mix well. Divide onto plates and garnish with sesame seeds. Add extra red pepper flakes or hot sauce if you like it spicy. Enjoy!

Ingredients

- 3 tbsps** Coconut Oil (divided)
- 1 1/2 lbs** Shrimp (raw, peeled and deveined)
- 3** Garlic (cloves, minced)
- 1** Lemon (juiced)
- 1/2 tsp** Red Pepper Flakes
- 1 tsp** Sesame Oil
- 8 cups** Green Cabbage (finely sliced)
- Sea Salt & Black Pepper (to taste)
- 2 tbsps** Sesame Seeds

Chermoula Chicken

14 ingredients · 35 minutes · 4 servings



Directions

1. Make the chermoula sauce by adding the parsley, cilantro, cumin, coriander, paprika, two-thirds of the salt, half of the pepper, garlic and lemon juice to a food processor and pulse to combine. While the food processor is running, stream in the extra virgin olive oil. Scrape down the sides of the bowl as needed. Set aside.
2. Preheat the oven to 400°F (204°C) and season the chicken thighs with remaining salt, remaining pepper and garlic powder.
3. In a large cast iron skillet (or other oven-safe pan) heat the avocado oil over medium-high heat. Brown the seasoned chicken thighs starting with skin sides down for 5 to 7 minutes then flip and brown the other side for another 3 to 5 minutes. Transfer the browned chicken to a plate.
4. Remove any excess drippings from the pan then place the browned chicken back into the skillet skin side up. Spoon half of the chermoula sauce evenly over each browned chicken thigh. Add the water to the pan (to keep the chicken very moist while cooking) and cover the skillet with foil. Transfer the skillet to the oven and bake for 15 to 20 minutes, or until the chicken is cooked through.
5. Remove the pan from the oven and carefully remove the foil. Serve the chicken with the remaining chermoula sauce spooned over top and enjoy.

Ingredients

- 1 cup Parsley
- 1 cup Cilantro
- 1 tsp Cumin (ground)
- 1/2 tsp Coriander (ground)
- 1/2 tsp Smoked Paprika
- 3/4 tsp Sea Salt (divided)
- 1/2 tsp Black Pepper (divided)
- 1 Garlic (clove)
- 1 tbsp Lemon Juice
- 1/3 cup Extra Virgin Olive Oil
- 1 lb Chicken Thighs with Skin (boneless)
- 1/2 tsp Garlic Powder
- 1 tbsp Avocado Oil
- 2 tbsps Water

Low Carb Creamy Spinach & Sun Dried Tomato Chicken

7 ingredients · 25 minutes · 4 servings



Directions

1. Heat olive oil in a large skillet over medium heat. Add the chicken thighs and let cook for about 5 minutes per side. Remove from pan and set aside on a small plate.
2. Add spinach to the pan along with the coconut milk. Stir for a few minutes until wilted, then add the chicken thighs back to the pan. Sprinkle with sundried tomatoes, salt and pepper. Cover and let simmer for 5 to 7 minutes, or until chicken is cooked through.
3. Divide chicken and creamy spinach between plates and enjoy!

Ingredients

- 2 tbsps** Extra Virgin Olive Oil
- 1 lb** Chicken Thighs
- 8 cups** Baby Spinach (chopped)
- 1 1/2 cups** Organic Coconut Milk (canned, full-fat)
- 1/4 cup** Sun Dried Tomatoes (chopped)
- 1 tbsp** Dried Rosemary
- Sea Salt & Black Pepper (to taste)

Creamy Chicken with Zucchini Noodles

12 ingredients · 30 minutes · 2 servings



Directions

1. Boil enough water to cover the cashews. Pour the water over the cashews and allow them to soak while you prepare the meat.
2. In a pan over medium heat, add half of the oil. Once heated, add the chicken breast and bacon and cook for 7 to 10 minutes or until cooked through. Discard the fat and set the bacon and chicken aside.
3. To the same pan, add the remaining oil, along with the onions and mushrooms. Cook on medium heat for 5 minutes or until soft.
4. While the mushrooms and onions are cooking, prepare the sauce. Drain the cashews and add them to a blender along with the nutritional yeast, almond milk, garlic, and sea salt. Blend until smooth and creamy.
5. In the same pan as the onions and mushrooms, add the zucchini noodles, chopped chicken and bacon. Pour the sauce into the pan and mix well to combine. Keep everything in the pan until it is warmed through.
6. Divide between bowls and top with fresh parsley. Enjoy!

Ingredients

- 1/4 cup** Cashews
- 2 tbsps** Extra Virgin Olive Oil (divided)
- 6 ozs** Chicken Breast (cubed)
- 2 slices** Organic Bacon, Cooked (chopped)
- 1/4** White Onion (diced)
- 1 cup** Mushrooms (sliced)
- 2** Zucchini (medium, spiralized into noodles)
- 2 tbsps** Nutritional Yeast
- 1/4 cup** Unsweetened Almond Milk
- 1** Garlic (clove, minced)
- 1 tsp** Sea Salt
- 1 tbsps** Parsley (chopped)

Yogurt Marinated Chicken

6 ingredients · 2 hours 15 minutes · 4 servings



Directions

1. In a large bowl, combine the chicken with the yogurt, curry powder, and salt and pepper. Place in the fridge to marinate for two hours, or longer.
2. Heat a skillet over medium heat and add the oil. Once hot, add the chicken strips and cook for five to six minutes. Flip the strips over and cook for an additional five to six minutes, until browned slightly.
3. Add the remaining yogurt marinade to the skillet and cook for two to three minutes, until bubbling. Toss in the spinach and stir to combine and cook until wilted, another two minutes.
4. Divide the chicken and spinach onto plates. Serve and enjoy!

Ingredients

- 1 1/2 lbs** Chicken Breast (sliced into long strips)
- 3/4 cup** Greek Yogurt (5% or higher)
- 2 tsps** Curry Powder
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tbsps** Extra Virgin Olive Oil
- 6 cups** Baby Spinach

Grilled Tahini Chicken Thighs

8 ingredients · 6 hours 10 minutes · 4 servings



Directions

1. In a large bowl, add all of the sauce ingredients and mix to combine. Set ¼ cup of the marinade aside in a separate small bowl. In the large bowl, add the chicken thighs. Cover bowl and let marinate for at least 6 hours or overnight.
2. Preheat the grill to medium-high heat. Place chicken thighs on the grill and cook for 4 minutes on each side, or until chicken is no longer pink and is cooked through.
3. Transfer chicken onto a large plate and drizzle with reserved tahini dressing.

Ingredients

- 1/4 cup Tahini
- 3 tbsps Parsley (chopped)
- 3 tbsps Avocado Oil
- 3 tbsps Lemon Juice
- 1/2 tsp Red Pepper Flakes
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1 1/2 lbs Chicken Thighs (skinless; boneless)

Beef Burrito Bowl

11 ingredients · 30 minutes · 4 servings



Directions

1. In a large skillet heat half of the oil over medium. Add garlic and onions and cook for two minutes, or until onions become translucent.
2. Add ground beef to the skillet. With a wooden spoon or spatula, break the beef into small pieces as it cooks, stirring occasionally, until no longer pink.
3. When meat is cooked through, drain the grease. Place back over medium heat and add the cumin, coriander, oregano, half of the salt and lime juice to the pan. Stir to coat the beef with the spice and continue to cook for another minute until very fragrant. Transfer the meat to a dish and cover to keep warm.
4. Place the pan back over heat and add the remaining olive oil. Add the cauliflower rice and season with remaining sea salt. Cook the cauliflower rice, stirring occasionally, until cauliflower is warmed through and just tender.
5. Divide the cauliflower rice between bowls and top with seasoned beef and diced avocado. Enjoy!

Ingredients

- 2 **tbsps** Extra Virgin Olive Oil (divided)
- 4 Garlic (cloves, minced)
- 1 Yellow Onion (small, finely diced)
- 1 **1/2 lbs** Extra Lean Ground Beef
- 1 **tbsp** Cumin (ground)
- 1 **tbsp** Coriander (ground)
- 1 **tbsp** Oregano (dried)
- 1 **1/2 tsps** Sea Salt (divided)
- 1 Lime (juiced)
- 4 **cups** Cauliflower Rice
- 2 Avocado (diced)

Steak with Creamy Chimichurri Sauce

9 ingredients · 20 minutes · 2 servings



Directions

1. In a blender, add the avocado flesh, parsley, cilantro, lemon juice, garlic and half of the sea salt. Blend together while slowly adding the extra virgin olive oil. Blend until smooth and creamy. Set aside.
2. Heat a cast iron pan over medium heat and add the avocado oil. Meanwhile, season the steak with the remaining sea salt.
3. Add the steak to the pan once it is hot. Cook for 3 to 4 minutes per side.
4. Let the steak rest for about 10 minutes on a plate. Serve with chimichurri sauce on top. Enjoy!

Ingredients

- 1/2 Avocado
- 1/2 cup Parsley
- 1/4 cup Cilantro
- 2 tbsps Lemon Juice
- 1 Garlic (clove)
- 1/2 tsp Sea Salt (divided)
- 2 tbsps Extra Virgin Olive Oil
- 1/2 tsp Avocado Oil
- 8 ozs NY Striploin Steak

Sheet Pan Steakhouse Grill

6 ingredients · 35 minutes · 4 servings



Directions

1. Preheat the oven to 425F. Drizzle with the remaining ghee and garlic. Season well with salt and pepper.
2. If your mushrooms are on the large side, be sure to quarter them. If they are small, just use them as is. Trim the green beans and cut in half.
3. Spread the veggies on a rimmed baking sheet. Mix the ghee with the minced garlic and drizzle about half over the veggies.
4. Sprinkle with salt and pepper and toss to combine. Roast the veggies for about 12 minutes.
5. Remove the pan from the oven and preheat the broiler.
6. Push the veggies to the side and nestle the steaks onto the pan.
7. Drizzle with the remaining ghee and garlic. Season well with salt and pepper.
8. Broil 4 to 6 inches from the heat for about 5 minutes per side or until the steaks are done to your liking (this will depend on how thick they are - 5 minutes per side is about right for medium rare steaks as long as they are 1 inch thick).

Ingredients

- 8 cups** Mushrooms (bottom or cremini)
- 8 cups** Green Beans
- 1/4 cup** Ghee (melted)
- 2** Garlic (minced)
- 1 1/2 lbs** NY Striploin Steak (4 pieces, 1 inch thick)
- Sea Salt & Black Pepper (to taste)

Beef & Cabbage Soup

8 ingredients · 50 minutes · 4 servings



Directions

1. Brown ground beef over medium heat. Add onion and cook until translucent. Add garlic and cook for 1 minute. Transfer ground beef and onion mixture to stock pot.
2. Add cumin, cabbage, beef broth and chopped tomatoes to stock pot.
3. Mix ingredients thoroughly and bring to a boil over high heat. Reduce heat to medium-low and simmer covered for 30 - 45 minutes.
4. Serve soup warm.

Ingredients

- 1 lb Ground Beef
- 1/2 Yellow Onion (diced)
- 1 Garlic (minced)
- 1/4 tsp Cumin
- 4 cups Green Cabbage (chopped)
- 2 cups Beef Broth
- 1 cup Canned Whole Tomatoes
- Salt And Pepper, (to taste)

Zucchini Noodles with Sausage & Tomato Sauce

5 ingredients · 20 minutes · 2 servings



Directions

1. In a pan over medium heat, add the sausage and sliced pepper. Cook for 7 to 8 minutes. Remove the sausage, slice and return to the pan for 1 minute or until cooked through. Add the tomato sauce to the pan and stir to combine. Remove everything from the pan and set aside.
2. Wipe the pan free of any remaining sauce. Add the zucchini noodles and cook for 1 minute or just until softened.
3. Divide the zucchini noodles between plates and top with sauce, sausage and peppers. Sprinkle with basil, serve and enjoy!

Ingredients

- 8 ozs** Pork Sausage (Italian)
- 1** Yellow Bell Pepper (thinly sliced)
- 1 cup** Tomato Sauce
- 2** Zucchini (medium size, spiralized into noodles)
- 1/4 cup** Basil Leaves (chopped)

Pork Belly Cauliflower Fried Rice

5 ingredients · 20 minutes · 4 servings



Directions

1. Bring a pot of water to a boil. Blanch the pork belly in the boiling water skin side down for 10 minutes, flipping halfway.
2. Set the pork belly on a plate. Using a fork, pierce the pork belly skin and pat dry. Season with half the salt.
3. Heat a pan or skillet over medium heat and cook the pork belly strips for 5 minutes on each side, or until cooked through and browned. Transfer to a cutting board and chop into pieces.
4. Using the same pan or skillet, cook the cauliflower and celery over medium-high heat for 3 to 5 minutes or until warmed through. Add the chopped pork belly and season with the remaining salt and chives.
5. Divide into bowls. Enjoy!

Ingredients

- 1 lb Pork Belly (strips)
- 1 tsp Sea Salt (divided)
- 1 head Cauliflower (finely chopped or grated)
- 1 stalk Celery (sliced)
- 3 tbsps Dried Chives

Egg Roll Bowl

9 ingredients · 30 minutes · 4 servings



Directions

1. Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3-5 minutes, stirring frequently, until soft.
2. Add the pork and break it up as it cooks. Cook for about 7-10 minutes, or until cooked through.
3. Stir in the coleslaw mix, bean sprouts, and coconut aminos. Stir for 5 minutes, or until veggies have softened. Transfer to bowls and enjoy!

Ingredients

- 2 tbsps** Extra Virgin Olive Oil
- 1** Yellow Onion (medium, diced)
- 5 stalks** Green Onion (diced)
- 4** Garlic (cloves, minced)
- 1 tbsp** Ginger (peeled and grated)
- 1 lb** Ground Pork
- 6 cups** Green Cabbage (Shredded)
- 2 cups** Bean Sprouts
- 1/4 cup** Coconut Aminos

Cobb Salad In A Jar

11 ingredients · 30 minutes · 2 servings



Directions

1. In a small bowl, mix together lemon juice, olive oil, mustard, and a pinch of sea salt and pepper. Whisk well then pour into bottom of a large mason jar. (Note: Divide dressing between jars if making more than 1 serving.)
2. Layer your ingredients into the jar(s) in this order: spinach, cherry tomatoes, avocado, chicken, egg, bacon and feta. Seal jar and store in the fridge.
3. When ready to eat, give the jar a good shake to mix the dressing throughout. You can either transfer the salad to a bowl or enjoy straight from the jar.

Ingredients

- 1/4** Lemon (juiced)
- 1 tbsp** Extra Virgin Olive Oil
- 1 tbsp** Dijon Mustard
- Sea Salt & Black Pepper (to taste)
- 1 cup** Baby Spinach (chopped)
- 1/4 cup** Cherry Tomatoes (halved)
- 1/2** Avocado (diced)
- 4 ozs** Chicken Breast (baked or grilled)
- 2 slices** Organic Bacon (Cooked and crumbled)
- 1** Egg (hardboiled and sliced)
- 1/4 cup** Feta Cheese (crumbled)

Avocado & Bacon Salad

10 ingredients · 15 minutes · 2 servings



Directions

1. Start by crisping up the bacon. Place the slices in a hot pan. Add 1/2 cup of water and cook over a medium heat to render the fat and until the bacon is crisped up, for 10-15 minutes. When done, set aside.
2. Meanwhile, tear the lettuce and wash well with the spinach. Place in a salad spinner or pat dry with a kitchen towel. Halve and deseed the avocados and slice into stripes.
3. Make the vinaigrette by mixing the olive oil, vinegar and mustard. Season to taste.
4. Assemble the salad by folding the lettuce and spinach in a bowl, add crisped up bacon torn in smaller pieces and sliced avocado. Enjoy!

Ingredients

- 2 Avocado
- 2 heads Romaine Hearts
- 2 cups Baby Spinach
- 1 stalk Green Onion
- 4 slices Organic Bacon
- 3 tbsps Extra Virgin Olive Oil
- 1 tbsp Apple Cider Vinegar
- 1 tbsp Dijon Mustard (or wholegrain mustard)
- Sea Salt (or pink Himalayan, to taste)
- Black Pepper (ground, to taste)

Chicken & Radishes

9 ingredients · 45 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C).
2. Season the chicken with half the sumac, ground fennel seed, salt and pepper. Heat a cast-iron pan over medium heat, and add the oil. Add the chicken, skin side down, and sear for 8 to 10 minutes, until lightly browned and crispy.
3. Add the lemon zest to the chicken. Add the radishes, garlic cloves and lemon slices to the pan. Season the radishes with salt, pepper, half the oregano and remaining sumac. Place in the oven and cook for 30 minutes, turning the chicken halfway.
4. Remove the skillet from the oven and take the chicken out. Add the radish tops and place back in the oven for 2 to 3 minutes, until just wilted.
5. Divide everything evenly between plates. Garnish with the remaining oregano. Enjoy!

Ingredients

- 12 ozs** Chicken Leg, Bone-In (skin on)
- 1/4 tsp** Ground Sumac (divided)
- 1/2 tsp** Fennel Seed (ground)
- Sea Salt & Black Pepper (to taste)
- 1 tsp** Extra Virgin Olive Oil
- 1** Lemon (sliced, zest from half the lemon reserved)
- 2 cups** Radishes (trimmed, halved, tops removed and washed/dried)
- 4** Garlic (cloves, skin on)
- 2 tbsps** Fresh Oregano (divided)

Ginger Salmon Patties with Fennel & Cucumber

9 ingredients · 20 minutes · 2 servings



Directions

1. In a medium bowl, whisk together 3/5 of the oil, the lime juice and half of the sea salt. Add the cucumber, fennel, and dill and toss to coat.
2. In a separate bowl, add the salmon chunks, green onions, ginger, and the remaining salt. Mix gently.
3. Divide the salmon mixture evenly into equal parts, and form into slightly flattened patties, about three to four inches in diameter.
4. Add the remaining oil to a non-stick pan over medium heat. Cook the patties for six to eight minutes, flipping once halfway.
5. Divide the salad and salmon patties between plates and enjoy!

Ingredients

- 2 1/2 **tbsps** Extra Virgin Olive Oil (divided)
- 1 **tbsp** Lime Juice
- 1/4 **tsp** Sea Salt (divided)
- 1 Cucumber (large, thinly sliced)
- 1/2 **bulb** Fennel (small, thinly sliced)
- 1/4 **cup** Fresh Dill (chopped)
- 12 **ozs** Salmon Fillet (skinless, chopped into small chunks)
- 2 **stalks** Green Onion (chopped)
- 1 **tbsp** Ginger (grated)

Balsamic Mushrooms

5 ingredients · 25 minutes · 2 servings



Directions

1. Stir all the ingredients together and let marinate for at least 15 minutes.
2. Cook in a grill pan over medium-high heat for 8 to 10 minutes or until tender. Alternatively, you can skewer the mushrooms and grill over medium-high until soft and slightly charred, about 2 to 3 minutes per side.
3. Remove from the grill and enjoy!

Ingredients

- 5 cups** Mushrooms (halved)
- 2 tbsps** Extra Virgin Olive Oil
- 2 tbsps** Balsamic Vinegar
- 1 tbsp** Coconut Aminos
- 2** Garlic (cloves, minced)

Crispy Prosciutto-Wrapped Asparagus

2 ingredients · 15 minutes · 4 servings



Directions

1. Preheat oven to 450°F (232°C). Line a baking sheet with foil.
2. Wrap each asparagus spear in prosciutto. Transfer to your baking sheet and bake for 10 minutes, flipping halfway.
3. Divide onto plates and enjoy!

Ingredients

- 3 cups** Asparagus (woody ends trimmed)
- 5 1/16 ozs** Prosciutto (thinly sliced strips)

Mock Potato Salad

9 ingredients · 2 hours 35 minutes · 4 servings



Directions

1. Place cauliflower in a large saucepan and cover with water. Bring to a boil and cook until just fork tender, about 10 minutes. Drain and cool slightly.
2. In a large bowl whisk together the mayonnaise, mustard, salt, and pepper. Add the cauliflower, eggs, onion, dill pickles, and bacon to the dressing and stir until well coated. Cover and refrigerate for 2 to 24 hours. The longer the cauliflower salad chills, the better the flavor.

Ingredients

- 1 head** Cauliflower (trimmed and cut into bite-size florets)
- 3/4 cup** Mayonnaise (Avocado oil mayo is best)
- 1 tbsp** Mustard
- 1 tsp** Salt
- Black Pepper (to taste)
- 3** Egg (hard cooked, chopped)
- 1** Yellow Onion (chopped)
- 1/4 cup** Pickle (dill, chopped)
- 3 slices** Crisply Cooked Bacon (optional, crumbled)

Tomato & Basil Dressing

7 ingredients · 5 minutes · 7 servings



Directions

1. In a bowl, mix the sour cream, mayonnaise and tomato paste.
2. Add finely chopped sun-dried tomatoes, basil and lemon juice. Mix until well combined. Season with salt and pepper to taste.
3. Transfer to a jar, seal and refrigerate for up to 5 days. Serve drizzled over salads, fish, chicken or meatballs.

Ingredients

- 1/2 cup** Sour Cream (115 g/ 4.1 oz)
- 1/2 cup** Avocado Oil Mayonnaise (or make your own)
- 2 tbsps** Tomato Paste (30 g/ 1.1 oz)
- 1/3 cup** Sun Dried Tomatoes (chopped)
- 1/4 cup** Chopped Basil (10 g/ 0.4 oz)
- 1 tbsp** Fresh Lemon Juice (15 ml)
- Salt And Pepper, (to taste)

Ginger Lime Tahini Dressing and Dip

7 ingredients · 5 minutes · 12 servings



Directions

1. Combine all ingredients in a jar, close the lid tightly and shake vigorously until well combined. Refrigerate until ready to use.

Ingredients

- 2 Lime (juiced)
- 1/3 cup Tahini
- 1/2 cup Water
- 2 tbsps Extra Virgin Olive Oil
- 1 tsp Ginger (peeled and grated)
- 2 tbsps Coconut Aminos
- 1 Sea Salt & Black Pepper (To taste)

Cured Salmon & Avocado Salad

14 ingredients · 30 minutes · 4 servings



Directions

1. Wash and pat dry the salmon fillets with paper towel. Remove skin, if present.
2. Place a piece of parchment or clingfilm on a plate. Mix the salt, coconut sugar, and chopped coriander in a bowl and spread half of it in the middle of the paper. Place the salmon fillets on top and cover with the rest of the salt rub mixture. Press the rub down into the fish with your fingers, making sure the fillets are evenly covered. Wrap the fish into a parcel and store in an airtight container in the fridge for 12-24 hours.
3. After the curing time, remove the salmon from the fridge and unwrap from the paper. Rinse the curing rub/marinade (it would have liquified by now) under cold water really well. Place the salmon fillets on a chopping board and dice into small cubes.
4. Prepare the salad ingredients and add to a mixing bowl. Add the diced, cured salmon. Drizzle with lime juice, sesame oil, coconut aminos (if using) and olive oil, and sprinkle with a little chilli. Mix through really well and serve in a big bowl or on plates, sprinkled with some sesame seeds and extra coriander.

Ingredients

- 1 lb Salmon Fillet (skinless)
- 1/3 cup Sea Salt
- 1/4 cup Coconut Sugar
- 2 tbsps Cilantro (finely chopped)
- 2 Tomato (seeds removed and diced into small cubes)
- 1/2 Red Bell Pepper (diced into small cubes)
- 2 stalks Green Onion (green and white parts, finely diced)
- 2 tbsps Cilantro (or more if you like, chopped)
- 1/2 Large Avocado (diced)
- 1 tbsp Lime Juice (fresh squeezed)
- 1 tbsp Sesame Oil
- 1 tbsp Coconut Aminos (optional)
- 2 tbsps Extra Virgin Olive Oil
- 1/2 tsp Red Pepper Flakes
- 1 tbsp Sesame Seeds (optional)

Slow Roasted Salmon & Citrus

7 ingredients · 40 minutes · 4 servings



Directions

1. Preheat the oven to 300°F (149°C).
2. In an oven-safe baking dish, add the fennel, orange, lemon and half the sea salt and mix to combine. Place the salmon on top and season with the remaining salt. Pour the extra virgin olive oil over the top of everything and place in the oven for 30 to 35 minutes or until the salmon is cooked to your liking.
3. Remove from the oven and add parsley. Divide between plates, serve and enjoy!

Ingredients

- 1/2 bulb** Fennel (cored, thinly sliced)
- 1** Navel Orange (thinly sliced)
- 1** Lemon (thinly sliced)
- 1/4 tsp** Sea Salt (divided)
- 1 1/2 lbs** Salmon Fillet
- 1/4 cup** Extra Virgin Olive Oil
- 1/4 cup** Parsley (finely chopped)

Homemade Caesar Salad Dressing

9 ingredients · 10 minutes · 10 servings



Directions

1. In a medium bowl, whisk together the garlic, anchovy paste, lemon juice, Dijon mustard and coconut aminos. Add the mayonnaise, Parmigiano-Reggiano, salt and pepper and whisk until well combined. Taste and adjust to your liking. The dressing will keep well in the fridge for about a week.

Ingredients

- 2 Garlic (minced)
- 1 tsp Anchovy Paste
- 2 tbsps Fresh Lemon Juice (from one lemon)
- 1 tsp Dijon Mustard
- 1 tsp Coconut Aminos
- 1 cup Avocado Oil Mayonnaise
- 1/2 cup Parmigiano Reggiano (freshly grated)
- 1/4 tsp Salt
- 1/4 tsp Black Pepper (ground)

Ceviche Verde

8 ingredients · 20 minutes · 4 servings



Directions

1. Combine the lime juice and fish in a bowl, then cover and refrigerate. Let sit for 1 hour, until the fish is cooked through.
2. Drain the lime juice from the fish, then mix the fish with the red onion, jalapeno, tomatillos, avocado, cilantro, and sea salt.
3. Serve alone or with sides of your choice

Ingredients

- 1 lb Halibut Fillet (or white fish of choice, diced into 1/2 inch cubes)
- 1 cup Lime Juice
- 1/4 cup Red Onion (diced)
- 1 Jalapeno Pepper (finely diced)
- 4 Tomatillos (about 3/4 cup, diced)
- 1 Avocado (cut into 1/2 inch cubes)
- 1/2 cup Chopped Cilantro
- 1/2 tsp Sea Salt

5-Minute Salsa Verde

10 ingredients · 5 minutes · 8 servings



Directions

1. Roughly tear the leaves off the basil and parsley stems. It doesn't matter if you get a few stems in as well, they will all blend up.
2. Add the herb leaves to a high-powered blender with the remaining ingredients and blend at medium speed until all of the ingredients are combined, about 15 – 20 seconds.
3. Taste, and add salt and pepper if required.
4. Store sealed in the fridge for up to a week.

Ingredients

- 1 cup** Basil Leaves (tightly packed)
- 1 cup** Parsley (Italian, tightly packed)
- 2** Anchovy
- 2 tbsps** Capers
- 1** Garlic (crushed)
- 3 tbsps** Apple Cider Vinegar
- 2 tbsps** Fresh Lemon Juice
- 1 tsp** Grated Lemon Zest
- 1/2 cup** Extra Virgin Olive Oil
- Salt And Pepper, (to taste)